



MERMAIDS
FOR
INCLUSION



Co-funded by the
Erasmus+ Programme
of the European Union

SOCIAL INCLUSION THROUGH FINSWIMMING

GROUP

LEVEL OF TRAINEES

DATE

LESSON 3

Social inclusion and Finswimming

LESSON GOALS

- **Understand the importance of social inclusion in sports and physical activity:** Students will be able to explain why social inclusion is important in sports and physical activity, and how it can benefit individuals and communities.
- **Learn the basics of finswimming:** Students will learn what finswimming is, including the equipment needed and proper techniques for swimming with fins.
- **Apply social inclusion skills in a practical setting:** Students will apply the skills they learn in class to working collaboratively with others in a water-based activity.

INCLUSION ACTIVITIES

Relay races: Divide the class into teams and set up a relay race in the pool. Each team member must swim a certain distance or complete a certain task before tagging their teammate to start their turn. This activity encourages teamwork, communication, and friendly competition.

Underwater treasure hunt: Place a variety of objects (such as pool toys, dive sticks, or even coins) at the bottom of the pool. Divide the class into teams and have them take turns diving to retrieve as many objects as possible within a set time limit. This activity encourages communication, problem-solving, and can also be a fun way to incorporate some exercise into the lesson.

STRUCTURE

1. Introduction

Explain the importance of social inclusion in sports and physical activity

Define what finswimming is and its benefits

2. Warm-up

Lead the class in a series of stretching and mobility exercises

Incorporate partner activities to encourage students to interact and communicate with each other

3. Finswimming demonstration

Demonstrate proper techniques for finswimming and explain the equipment needed

Allow students to practice the techniques in a shallow pool or on land before moving to deeper waters

4. Group activity

Divide the class into small groups and assign each group a specific challenge or task to complete in the water

Encourage students to communicate and work together to achieve the goals

5. Discussion

Facilitate a class discussion on the importance of social inclusion in sports

Ask students to share their experiences working in groups and how they can apply those skills to other aspects of their lives

VI. Cool-down

Lead the class in a series of cooling-down exercises and stretches

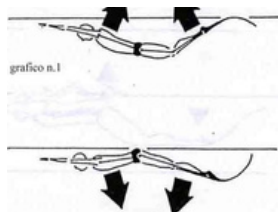
Encourage students to reflect on what they learned during the class

6. Conclusion

Summarize the main points of the lesson and encourage students to continue practicing finswimming and working on their social inclusion skills outside of class.

FURTHER RESOURCES

Videos



TOOLS/ EQUIPMENT

- Swim fins
- Swim goggles
- Swim caps
- Pool buoy
- Kickboard
- Dive sticks or other pool toys
- Timer or clock